

West Hartford Substance Abuse Prevention Commission (SAPC)

Meeting Minutes November 12, 2015

Attendees: Jeff Bersin, Joanna Curry-Sartori, Dan Jordan, Joe Kalache, Yifrah Kaminer, Jamal Hines, 3 Students, Amal Ali

Welcome / Introductions / Approve Minutes / Early Departures / Announcements/Refreshments

Approve October 2015 minutes. Minutes approved by voice.

Announcements:

- Community of Concern presents “Dealing with Stress and Emotional Health in the Teen years” on Dec 9, 2015 at 7 pm, Conard HS. Speakers include Geoff Genser, LCSW, Dan Weiner, LPC and Marc Lehman, LMFT.
- The National Institute on Drug Abuse (NIDA) is sponsoring the National Drug and Alcohol Facts Week from Jan 25 – 31 - you can go to their website to view registered events and post your events for that week. (<http://teens.drugabuse.gov/national-drug-facts-week/view-events-and-highlights/map>) You can also order free science-based educational materials such as “Drugs: Shatter the Myths” or “Marijuana: Facts for Teens” to share with teens.

Budget

- Funding available through CASAC has increased this year to \$7,116. We are expanding the focus of what we will support to include the contributing factors to substance abuse, e.g. anxiety, stress management, etc.
THIS IS THE LAST CHANCE TO SUBMIT PROPOSALS TO REQUEST FUNDING FOR YOUR ORGANIZATION’S ACTIVITIES FOR THIS YEAR
Submit your proposals directly to Joe Kalache and Jeff Bersin
Deadline: December 3, 2015, end of day

General Discussion

(Context: Following the updates about the budget, meeting participants engaged in an open discussion about the issues of drug use, different strategies and approaches to address those issues, both “what is” and what’s needed.

Yifrah	• Make sure our focus is on prevention and that our focus is not all over the place
Joanna	• We are proposing that we plan ahead in this way as a Commission and make a calendar of our collective events and activities for the year so that we are coordinated and high leverage.
Yifrah	• What is our priority? Who do we want using our resources? • Addictive disorders are a major problem. What issues do we want to address and let’s make a plan. How do we have continuity in our efforts? • Other countries are doing what is needed for prevention but we don’t do it here because it is not politically correct. • 2 Aspects. Primary prevention: those who have not started using. Secondary: those who already started and try to delay or prevent.

	<ul style="list-style-type: none"> • Ask when start prevention. Seeing kids now at age 10 using drugs. Need start reaching them in 5th grade. Newest issue is e-cigarette. • Kids not just have drug issues but other high risk issues and need treatment for all that. • Can train teachers to do prevention. In research study in Europe, 6000 kids received 2 -3 sessions with teachers and had dramatic effect. They retrained the brain to work differently in high risk situation.
Joanna	<ul style="list-style-type: none"> • What are we doing here in the WHPS health classes?
Jamal	<ul style="list-style-type: none"> • We have health class that cover drug and alcohol. • There is a drug/alcohol team that responds when a student is caught. They are referred to the team for support. Sometimes this includes a referral on to a substance abuse counselor. • Coordination of safe grad event.
Jeff:	<ul style="list-style-type: none"> • Person here at Town Hall oversee prevention from the town- Joan B.
Joanna	<ul style="list-style-type: none"> • How about we invite her to come present “what is” to us so we are fully aware of this.
Yifrah	<ul style="list-style-type: none"> • Effective programs look at normal development and what makes certain people higher risk and vulnerable vs resilient. In programs outside US they measured kids to see who was 1 standard deviation off normal development in certain areas and focus intervention with them. • Reward system in brain – Children brain still developing – if you get X, it makes you happy, if not get X, unhappy. Its neuroscience.
Joanna	<ul style="list-style-type: none"> • This is where the mindfulness comes in. Young people can learn to recognize thoughts, feelings and desires and make conscious choices before they respond to fulfill desire.
Hall Students	<ul style="list-style-type: none"> • Lead by Example is looking at broad issues like stress and what causes it, racism, classism, etc.
Yifrah	<ul style="list-style-type: none"> • Stress is helpful at the right level. Need to consider what is unacceptable levels of stress and how handle it.
Conard Student	<ul style="list-style-type: none"> • What issues go with substance abuse? • Like if you want to be a in a certain group of friends.
Yifrah	<ul style="list-style-type: none"> • One group we need to focus on is parents before their children leave for college. • 35% of high school students used marijuana last year. • Attend monthly meeting of the Connecticut Association of Prevention Professionals

New Business

There was no new business.

Adjourn

The meeting adjourned at 6:30 PM.

Respectfully submitted,

Joanna Curry-Sartori

November 18, 2015

